

Monthly Wellness Coordinator Update

Dakota Wellness Program



SANFORD
HEALTH PLAN



August 2024

Monthly Well-being Theme

Enhancing Career Well-being: A Pathway to Employee Engagement

Career well-being is the compass guiding you to a fulfilling professional journey. It means waking up excited, knowing your work aligns with your values, bringing purpose to each day. With balance comes increased productivity and creativity. Embracing challenges with a growth mindset transforms setbacks into stepping-stones to success. Setting boundaries ensures you thrive both at work and in life. Career well-being isn't just about a job—it's about crafting a life you love living.

Member Wellness Webinar

2nd Tuesday of the month

August 13 at 10 a.m.

During this 15-minute LIVE webinar, Sanford Health Plan will share ways to improve your well-being.

Employees who register and attend the live webinar will receive a certificate of completion voucher from Sanford Health Plan for 3,000 points.

[Register for the 2024 webinars!](#)

Reminders and Announcements

Quarterly challenges:

Experience the many benefits of a good night's sleep with the Seize the Zzzz Sleep Challenge.

- Registration opens on Aug. 7
- Challenge runs Aug. 21 through Sept. 17

The Challenge: Take steps to improve sleep habits and record sleep quality for at least 21 out of 28 days.

- Participants are eligible to earn rewards if they get a good night's sleep for at least 14 days.
- Ready to go print and digital communication materials help to promote the challenge from beginning to end.
- Sleep tips and advice for how to get a restful night's sleep are included in communications.

Wellness Coordinator Recharge Workshops

Virtual event in August

Join the Dakota Wellness team for an overview of the Dakota Wellness Program, NDPERS wellness benefits and how Sanford Health Plan can support your agency's wellness programming.

Inside this issue...

- Career well-being
- Wellness webinar
- Reminders and announcements
- Program and resources

[View past coordinator newsletters](#)

[View past coordinator webinars](#)

Monthly Book Club

Beating Burnout at Work: Why Teams Hold the Secret to Well-Being and Resilience by Paula Davis

[Download poster](#)
[Download flyer](#)

Wellness Coordinator Webinar

4th Tuesday of the month:
August 27 at 10 a.m.

[Register for the 2024 meetings!](#)

Monthly Observances

National breastfeeding month
National immunization awareness month
August 1-7 World breastfeeding week

As a part of the Employer Based Wellness Program, wellness coordinators are required to attend or view a recording of the Recharge workshop.

This year's events will be held in CST on the following dates and times: Choose the session that fits best into your schedule.

- Tuesday, Aug. 20 from 1 to 3 p.m.
- Wednesday, Aug. 21 from 10 a.m. to noon
- Tuesday, Aug. 27 from 1 to 3 p.m.

[**Register Today!**](#)

Coordinator Wellness Program Resources Website and downloadable tools

[Download Dakota Wellness Program Guide 2024](#)

[Dakota Wellness website](#)

[Download the Certificate of Completion Voucher](#)

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Contact your wellness team

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